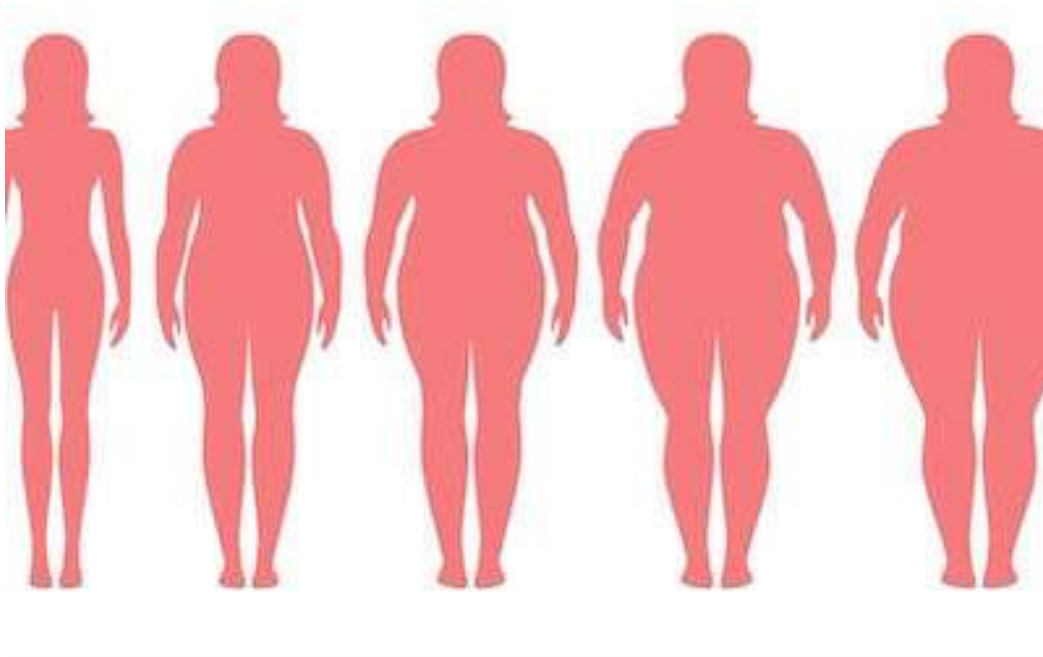


A WOMANS GUIDE TO SEX AND THE HUMAN BODY



A MUST READ FOR EVERY WOMAN

Presented by LADY LAYLA

Not suitable for anyone under the age of 18 and not to be viewed by them.

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Page 1 - INTRODUCTION

Women are still self critical of themselves to an alarming degree. Men are also guilty of self deprecation but to a lesser extent than women.

If you have a partner they are with you because they want to be. If you are single and a guy tries to pick you up it is because he wants to be with you.

They find you attractive so never feel that you are not.

You are not unattractive, you are not too thin, you are not too fat.

You are perfect to that person in your life that loves you.

You are attractive to the person who wants to get to know you.

Never compare yourself to models or porn stars as they are not normal and more than that the photos are often photoshopped.

The notion of beauty portrayed by magazines and the media in general is artificial and a myth.

There is much more about you that will attract others anyway -

Your personality, Your smile and your laugh etc etc.

Not everybody will find you attractive but that's ok as you don't find everybody else attractive either.

So believe it when I say that you are the perfect woman for many, many other people.

Having said all of that you still need to try to be the best that you can be.

If you are single and want to be noticed then wear clothing that makes the most of what you have.

Wear clothes that accentuate what you feel are the good points that you have.

Makeup helps but don't overdo that and always make sure that your hair is nicely done.

If you are in a relationship then it is so easy to let things slide.

With the routine of everyday life it is easy to allow your love life to become less interesting and more robotic.

Never let that happen.

Remember that both you and your partner both deserve a fulfilling relationship.

Pages 2 & 3 - ANATOMY - BODY SHAPE

Women in general are too self critical.

My nose is too big, my ears stick out and I don't like my bum are all examples of the many features that women worry about.

The most common obsessions are that they are too fat or too thin.

There is no such thing as being too fat when you are a woman. A bit of weight will always result in bigger tits and that can never be a bad thing.

Men love a good handful and have their face buried in tits.

Bigger tits are ideal for tit fucking as well which is popular with most men.

The above is a lovely body and great tits.

Not fat but cuddly.

This lady has a body shape that appeals to a large number of men.

Most men would love to cuddle and fondle that body.

So don't think fat - Think desireable.

Think - I am a great shape and a great fuck.

Have no reservations about your body just enjoy being enjoyed.



A woman with very small tits is just as sexy.



Not thin - Just slim.

Most men would want to have sex with her.

It is easier to move a slim woman about into different positions when fucking her and this too is appealing to men.

The obsession over body shape is rubbish as it doesn't matter. Of course you will not be thought attractive by everybody but then you don't find everybody else attractive.

You will be considered attractive to more than enough people.

A long term partner is with you because they want to be.

You are what they want and any imperfections that you think that you have are of no importance to them.

They are with you because they love you.

In the same way a casual partner is not worried either.

They are shagging you because they want you and they are not worried about anything else.

So stop worrying about your features your weight or anything else.

Get on with life and enjoy great sex.

Pages 4, 5 & 6 - ANATOMY - THE BREASTS

One of the main areas of concern for women is their breasts.

They are too small, they are too big, they are uneven, they sag and the nipples don't protrude.

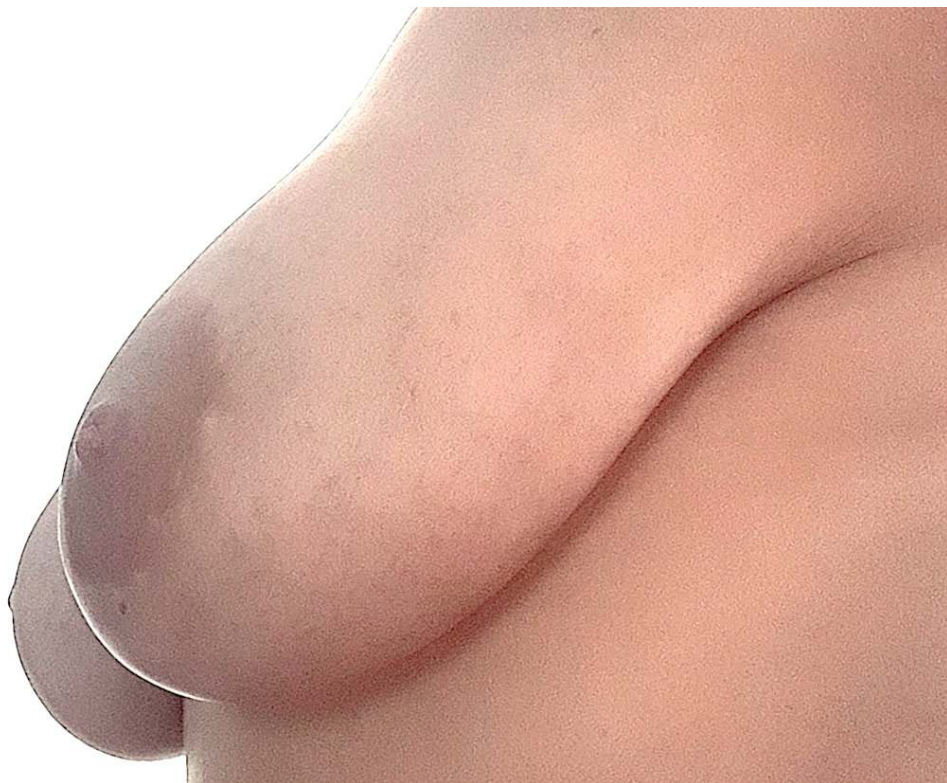
All of these concerns are groundless.

A woman's tits are unique to her and unlike any other woman.

There is no such thing as the perfect set of tits.

The tits shown here are absolutely gorgeous.

They are ideal for fondling and sucking. The odd tit fuck would not go amiss either.



A man could spend an eternity with his head snuggling within these boobs and it still wouldn't be enough.

He would only have to suck them to get a big erection.

When you shag with you on top and facing his head all of his attention will be focussed on your tits and he will fondle them as you fuck.

Always fondle and squeeze your own tits as you fuck as this will give a man a lot of pleasure.

Men love tits so use what God has given you to your advantage at all times.

This next lady has small but delightful tits.

The fact that they are smaller does not detract from the fact that most men would love to lavish attention on them.

Tits are tits and men are excited by them be they be big or small.



Many men have this thing about fucking schoolgirls.

One advantage of having small tits is that they are very much like a young schoolgirl.

They can imagine getting inside a sixteen year olds cunt.

I use the word cunt because that is how men talk.

They don't say "I would love to get my penis inside that ladies vagina"

They say " I would love to get my cock inside her fucking cunt"

This schoolgirl fantasy is not pedophilia as most of them would not dream of fucking a sixteen year old girl.

They certainly would not entertain an underage girl at all.

It is just pure fantasy and your small tits can be a great contributing factor.

So use your small tits to your advantage and play on the schoolgirl thing - It will excite him.

**In the next photo the left tit does not match the right one.
This does not matter to men so it shouldn't matter to women.**



The left breast never matches the right one anyway just as both sides of the face are not identical.

This does not matter to men so it shouldn't matter to women.

Nipples also vary in nature as they can protrude, be inverted and be anywhere in-between the two.

**Likewise the areola area can be large or small and vary in colour.
So all tits are different and yet all are appealing.**

This means that women should never compare their tits with any others.

All are just as special as each other.

Finally there are women who have had surgery to remove their breasts and this can make them self conscious.

There is no need to be as it no way effects the way that men think of them.

When a man loves a woman he loves her for herself.

On a one night stand men will just concentrate on other parts of the woman so that missing breasts in no way have any effect.

They will finish up fucking her anyway.

So never be concerned about your breasts they are unique, they are yours and they are beautiful.

Pages 7, 8, 9 & 10 - ANATOMY - THE VAGINA

Vaginas are like snowflakes in that no two are alike and all are beautiful.

It is important that women do not consider their vagina to be inferior to any other because it is not.

Women should not worry about the vaginas appearance because men don't.

Basically men cannot resist any of them and love them all.

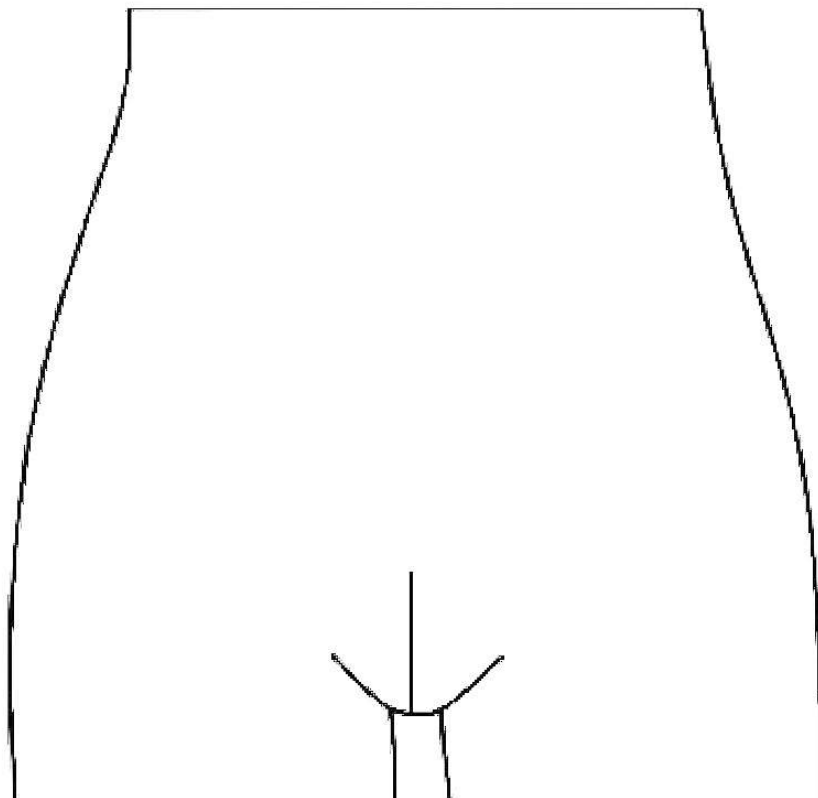
The vagina has outer and inner lips called the Labia Majora and Labia Minora which cover the vaginal opening.

The vaginas inner lips - labia minora - contained within the outer lips - labia majora

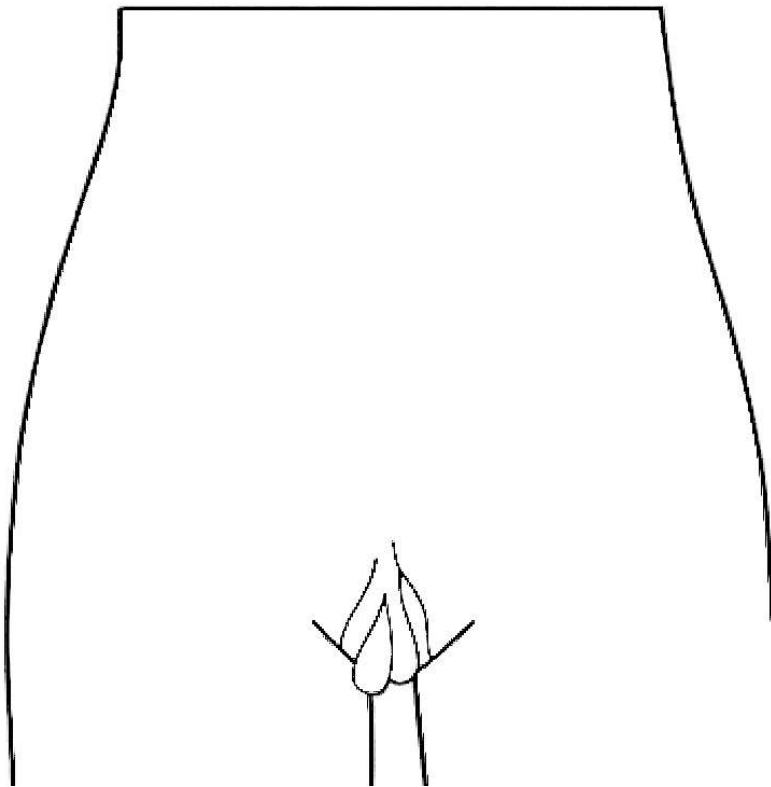
Many women think that this is the norm but in actual fact it is the least common variant. It is considered as being the most common as it is the most used appearance in porn.

Alternatively the appearance could be more like the following diagram where the inner lips protrude from between the outer lips.

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Alternatively the appearance could be more like the following diagram where the inner lips protrude from between the outer lips.



There are so many different appearances that it is pointless going on. Suffice to say that all are unique and all are normal. So women should not be concerned about the appearance of their vagina as men don't care.

They just want to finger it, lick it and fuck it.

In the natural state the pubic area is covered in hair. Many women trim this hair or remove it all together.

From a mans point of view the appearance in this respect is a personal preference.

However, most men prefer the area to be clean shaven.

For many men a womans vagina is the jewel in the crown - The promised land.

For women it is their Pleasure Palace.

The clitoris, which is towards the front end of the vagina is the most sensitive so women need to teach men how to stimulate it.

The G spot is the next most commonly sought after spot. It is a few inches within the vaginal canal and is located against the anterior wall. It's the size of a walnut and is a little harder than the rest of the tissue surrounding it. These areas are a womans highway to heaven.

As you can see from the following photos vaginas vary considerably.





When held open -



The point is that they are all normal, they are all gorgeous and as far as men are concerned they are all so, so fuckable.

Pages 11, 12, 13, 14 & 15 - ANATOMY - THE PENIS

It is the item of a mans anatomy that most interests women.

Mens brains may not click into gear very quickly but their cocks do.

Every cock is unique with no two being identical so what should women know?

The first difference is that some cocks are circumcised and some are not.

Circumcision is the surgical removal of the foreskin which is generally done at birth or early in life.

It is mainly done on religious or health grounds.

A circumcised penis with the foreskin removed looks like this -



Many women prefer to suck cocks that have been circumcised rather than those that have a foreskin.

Women often suck mens cocks for the enjoyment of the man rather than their own.

Still it can be enjoyable to watch a man cum after a good suck or even taste the cum inside your mouth when you suck him off all of the way.

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When the foreskin is left in place the end of the penis is covered when it is flaccid.

If the foreskin is left in place then it is vital that the man keeps things extremely clean underneath it as otherwise it can be detrimental to a woman health.

In the UK more cocks are left intact rather than circumcised but in the USA 90% of men have had the foreskin removed.

Women may prefer the appearance of a penis either intact or not - That is just a matter of personal taste.

As the penis becomes more and more erect th



e end of the penis extends beyond the foreskin as can be seen here -

A second difference is that men can be SHOWERS or GROWERS. Basically a grower will have a much smaller penis when flaccid and a shower will have a cock that is a similar length when flaccid as it is when erect.

See photos -

Shower -



A cock like this seems to promise the earth but it has no bearing on the size of the erect cock.

So don't get your hopes up ladies.

When erect it could be no longer than it is flaccid.

This type of cock flatters to deceive.

Lovely to look at but no better than any other cock when in action.

Grower -



Looks a bit puny but there is a big punch beneath that little appearance.

It will grow beyond belief with a little attention.

Both showers and growers will be of a similar size when erect.

A woman will get as much pleasure from a grower as a shower, After all it is the amount of hard cock that thrusts into your vagina that counts and not what is hidden beneath his clothes. So ladies - never judge the book by its cover - Its the erect size that counts no matter how it appears when flaccid.

Now to the subject of size.

People are all different - Different sized feet, ears, noses and tits etc. Similarly cocks can differ in size.

All men will lie when asked about the size of their penis so where does the truth lie?

Firstly, never judge your man against the men seen in porn.

Sometimes photos of men on the internet are altered to give the appearance that the man has a large cock.

Also men participating in Porn are selected because their cocks are bigger than normal. Very few men have really large cocks.

Remember womens vaginas differ in size as well but on average are under 4 inches long.

Vaginas expand to accommodate cocks so as long as a mans erect cock is over this length a woman is getting the full benefit.

Truth be told a thick penis is better than a long one when it comes to satisfying a woman.

It is a misconception that black cocks are much bigger than white ones as they are in general only marginally longer.

Work has been carried out measuring erect penis length based on the ethnic origin of men and these were the results as regards the average lengths.

WHITE - 13 centimeters / 5.12 inches

BLACK - 13.37 centimeters / 5.26 inches

CHINESE ORIGIN - 12.9 centimeters / 5.08 inches

INDIAN ORIGIN - 13.01 centimeters / 5.12 inches

MIDDLE EAST ORIGIN - 12.53 centimeters / 4.93 inches

So as you can see the differences are negligible with the average black cock being a mere 0.14 inches longer than an average white cock.

Having said all of that most women do say that they appreciate a longer cock.

The preferred length for women in a survey was 6 inches long or marginally over that length.

Problems can arise when a cock is over 7 inches in length.

If the cock is really big it can cause pain as the tip bangs into the cervix.

So if your current man is 5 inches long you are not missing out. If it is around 6 inches long then you are a lucky woman.

For women who long for more than that - Remember the grass is not always greener.

Advice - Ladies - Stop bothering about size and just enjoy being fucked.

Page 16 - THE FEMALE ORGASM

So what is a female orgasm?

An orgasm is what the woman experiences as she reaches a climax when having sex or masturbating.

There is a series of intensely pleasurable waves.

The uterus, vagina, and anus contract simultaneously at 0.8-second intervals. This is the orgasm.

A small orgasm may consist of three to five contractions and a big one consists of ten to fifteen contractions.

Sex and orgasms have benefits in that a woman experiencing them feels that she has less stress and copes with life better.

Basically she is happier in her life and copes better.

The problem is that very few women experience orgasms when having sex.

So if this applies to you then don't think that there is something wrong with you.

There isn't as this is basically the norm.

It is said that for a woman to experience an orgasm with their partner there needs to be a substantial amount of foreplay followed by the woman being fucked for a good 20 minutes.

Very few men, if any, last that long.

There are several solutions.

Firstly ask your partner to use a sex toy on you until you get very excited. At that stage he should fuck you and then finally he should use the sex toy on you again until you have an orgasm.

An alternative to this is to forget the man altogether and merely masturbate for as long as it takes for you to climax.

A final solution is to have sex with several men at a time so that between them the desired length of intercourse can be achieved.

Pages 17, 18, 19 & 20 - AGE

Sex is a part of life at all ages.

The age of consent is 16 and most girls are sexually active by that age although boys can often be active later.

In fact many girls are sexually active as young as 14.

A blind eye is taken to this but when it comes to photos there is absolutely no latitude is given.

The age where a person can be depicted naked in these pages is 18 although they can be photographed clothed at any age

It is not that long ago that 16 year old girls appeared topless in national newspapers - But times change.

At the age of 18 both sexes generally have very attractive bodies.

This 16 year old girl would love to remove her bikini as she really wants to show everything that she has got. That, however, would be totally illegal.



This girl says that she is not a virgin and hasn't been since she was 14.

She has sucked numerous cocks and fucked a fair number of men of all ages.

She thinks it strange that she can fuck anybody that she wants to and yet can't get her tits out for a photo.

Maybe she is right.

Her 18 year old sister, however, can bare all and does..



As does this 18 year old boy



Just because a person is getting older does not mean that sex becomes unimportant. There are of course added problems that come with age.

A man in his sixties can fuck but it takes a longer time to recover in order to go again than it did when he was younger.

When older it could be the next day before he is able to have sex again whereas a much younger man could be ready to go in about 15 minutes.

Most men would fuck a woman who is a bit older like this lady -



She is lovely and cuddly with gorgeous tits and lovely cunt.

Many men could enjoy sucking on those tits and pounding away at her fanny until they shot their cum inside her.

In fact she would be a great teacher for younger men.

Get a few 16 to 18 year olds round and they could learn the ropes as they fucked her to their hearts content.

I am sure that she would enjoy it as well.

This older man always seems to have a semi hard on.



He is always ready for action and springs forth whenever he can. Age does not matter to him as he will shag anyone aged 16 to 76.. With plenty of foreplay before shagging his cock could bring any woman to climax.

The question is not is he too old but rather are you woman enough for him.

This man is in his late fifties and there will come a time when the erection is not quite so strong.

His hope is that he will fill many a ladies vagina before time takes its toll.

So ladies get in there and get it in there.

Treat yourself and your cunt to the experience that you have not had before.

Warning - Deadly weapon not suitable for the inexperienced.

Pages 21 - ERECTILE DYSFUNCTION

Many men have a problem with getting or maintaining an erection.

One reason for having a temporary problem is that the stresses of life are getting to be a problem.

A temporary problem is nothing to worry about as eventually the problems and stress will be sorted and erections will return.

Another problem could be merely having drunk too much alcohol and the solution is merely to not drink.

Smoking can have an affect - So stop smoking.

It is a different matter when the erection problem is more permanent.

The causes of this problem differ and could be associated with - Getting older - Medical problem such as diabetes - Nerve damage - Certain medication can effect erections.

No matter what the cause it is often upsetting and can affect relationships.

The first thing to remember is that a loving relationship is not all about sex and that other factors are important.

Having said that it can be a problem to the woman who can become totally frustrated.

There are solutions and these include medication such as Cialis and Viagra which help the blood supply to the penis.

Should this fail a splint for the penis or Erectile Dysfunction Support Sleeve can be used.



The device is fitted on to the penis holding it erect and naturally encouraging blood flow.

It is designed to be comfortable and pleasurable for both partners.

There is, of course, another solution.

The woman could simply have sex with other men.

Pages 22 & 23 - SLACK VAGINA

A woman vagina can become slack and loose resulting in less sensation during intercourse for the woman and her partner. Sex therefore becomes less satisfying.

The most common reason for this is childbirth where the vagina is obviously stretched.

Other than that it can be a result of having sex over a period of time with a man with an oversize cock or using a sex toy which is larger than what can reasonably be considered as the normal limits.

It is not unusual for women to want to remedy the situation. First of all - Pills, vitamins and natural supplements have no effect at all.

Also - Special diets do not effect the tightness of the vagina.

Finally - Devices using Lasers or Radio Frequency are thought to be unsafe.

So what can you do?

Kegel Balls are popular when it comes to tightening the vaginal muscles.



These come in varying sizes so that it is possible to increase the size as exercising proceeds.

There are disadvantages, however to using these balls and these are -

a) Quite simply, if you have a loose vagina, the muscles in and around your vagina have become so weak that you cannot contract them well on your own, because of a process called muscle inhibition.

Further, most people who try to do Kegel exercises end up cheating and using the wrong muscles.

b) Voluntary Kegel exercises alone will give you only a 40% contraction of the muscles in and around your vagina.

c) Most people do a dozen or so clenches, and then get tired – This will not change the tone of your vaginal muscles.

The alternative is an electrical Vaginal Tightening Stimulator (VTS) that will effectively and effortlessly exercise your vaginal muscles and help you regain your youthful tone.



Using this as directed will result in increased sensation during sex for you and your partner as well as better and stronger orgasms.

Please note all warnings must be heeded.

Page 24- FINAL OBSERVATIONS

The main conclusion must be that all women have value.

No matter what self criticism that they have that criticism is not valid.

Other people do not see the problems or faults that we see in ourselves.

We are acceptable and desired by other people who think that basically we are special.

Not everyone will think like that but enough will and that is all that matters

It is also important for physical and mental reasons that all women have a healthy sex life.

Everybody deserves that.

If a woman is in a relationship then she should never be afraid to voice her needs and educate her partner as to what she wants.

If they don't then they can't expect to be guided to that orgasm.

In the same way she should take notice of what her partner needs.

Selfishness is not ideal so she should make every effort to please her partner as well.

Both participants in any relationship should be sensitive to each other.

If one wants exclusivity in the relationship then that is what they should get.

If, however, both want to include other people in their sexual activity then that is fine.

Nothing is wrong in sex if nobody gets hurt.

Everything is wrong if it causes pain and distress.

If a woman is single then it is ok to abstain from sex if that is what she wants.

Equally it is fine to shag lots of men if that is what she wants.

The only problem with that is the transmission of disease so care should be taken.

Masturbating is a safer option.

It is best to start using your fingers and then move onto a sex toy as you get excited.

Regular masturbation is not only sensible it is desirable.

Women need orgasms.

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